

Norfolk Medical Reserve Corps

Norfolk MRC News

Volunteers Building Strong, Healthy and
Prepared Communities

June 2011

Norfolk MRC Out in the Community

Inside:

ICS, p.2

Zombie planning, p. 2

NMRC classifieds, p. 3

Allergy relief tips, p. 4

Twister quiz, p. 4

Heat Awareness, p. 5-6

Upcoming:

6/2 Tdap vaccination
clinic

6/4 WTW Community
Day

6/6 Orientation

6/9 Nuclear & Radia-
tion for MRC overview

6/18 Orientation

Contact NMRC:

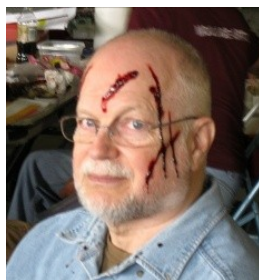
830 Southampton Ave.
Norfolk, VA 23510

Linda.Botts@vdh.virgi-
nia.gov

757-683-2760

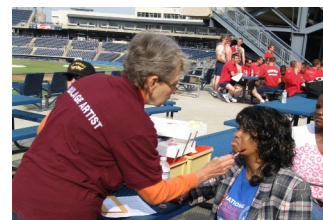


L to R: NMRC member Gregg Bradley at the KEEP event on May 14th, along with Claro Cortez and Faith Nugent from the Virginia Beach MRC. The Kidney Early Evaluation Program screens and educates individuals on kidney health and disease prevention.



NMRC member Tom Russel portrays a stunned victim at an active shooter exercise on May 19th at Harbor Park.

NMRC member Dorothy Williams gets moulaged for the May 19th exercise.



May started off slow and quickly kicked in with a variety of training, events and an exercise. Special thanks to those of you who have come to Orientation sessions and signed up to help out with events. I've met with a number of you over the past several weeks and have chatted with a few more of you by phone. If I haven't met YOU yet, then I'll be looking forward to meeting you at Orientation. It's been delightful to work with such enthusiastic and dedicated volunteers!





ICS is an absolute must for all MRC volunteers in order to be considered for emergency response activation and deployment.

Incident Command System: IS-100.b

Orientation is a required course and an important milestone to becoming a full-fledged MRC volunteer. However, you don't need to wait on Orientation to get started on the other training requirements. IS-100.b: Incident Command System, commonly called ICS, is an absolute must for all MRC volunteers in order to be considered for emergency response activation and deployment.

ICS describes the process for setting up command of an incident and describes the various roles, terminology, communication and structure used in handling incidents, large or small. ICS training is a

critical component of a response-ready force and is used by all response agencies.

Get your 100.b course completed today by visiting <http://training.fema.gov/emiweb/is/is100b.asp>. The course is free and you can take the test and receive the certificate online. If you're not comfortable reading the course material online and wish to download it—don't! It takes a lot of paper. Please see me instead, and I'd be more than happy to loan you a copy of the printed manual that I have.

When you are done reviewing the course material, you can take the test online. FEMA

will email you a certificate when you pass, and you can forward me the link or a hard copy for your file.

This is also the same site to take the IS-700.a: National Incident Management System and the IS-22: Are You Ready? An In Depth Guide to Citizen Preparedness courses, both of which are also MRC requirements.

If you have any questions on ICS, taking FEMA courses, or completing the test online, please contact me.

Thank you for your initiative in getting your training completed!

Does your family have a **ZOMBIE** plan?



Plan today to be prepared for the unexpected!

The CDC has launched an interesting message to help engage people in preparedness. The story talks about a zombie apocalypse, which is typical hit material for B movies and video games, and how families can prepare.

The article then demonstrates how preparing for a "zombie attack" will also help you prepare for other types of emergencies, such as hurricanes and tornadoes. This unique approach to preparedness has attracted a lot of

interest, especially from people who might not normally engage in preparedness planning. What's *your* plan? Check out http://emergency.cdc.gov/socialmedia/zombies_blog.asp for more information.

Wanted: Administrative support

Work is ongoing for recruiting new members, coordinating training classes and finding and/or developing new opportunities for trained volunteers. This creates a lot of paperwork and “loose ends” to keep up with. I am looking for 1-2 people to help on occasion with mail-

ings, filing, and other routine unit administration tasks.

If you have editorial experience and/or enjoy working with Microsoft Publisher and would like to lend a hand on the monthly newsletter, I would welcome your assistance, also.

Time and hours for both roles would be flexible, and could include some volunteer-at-home opportunities.

If you are interested, please contact me for more information. I would appreciate your help and would enjoy the opportunity to work with you in unit administration.



Needed: NMRC Leadership support

If you’ve looked at the training calendar that I send out weekly, you may have noticed that there are different levels of volunteers. Once you take Orientation, you qualify as Level 3. Completion of the required training moves you to Level 2, where you earn your NMRC polo shirt and a Go-Bag. All volunteers should be working toward achieving Level 2.

Level 1 is for volunteers who desire a leadership role within the unit. These volunteers may be in charge of a particular project or outreach, may or-

ganize or lead training sessions, may manage volunteers onsite, or may contribute time to working with health department staff in planning MRC growth and development.

In addition, leadership volunteers may provide a backup for the unit coordinator in case of emergency or when resources are overwhelmed. For instance, if I was on vacation or ill, I would need someone to step in during an emergency to help facilitate volunteer requests and deployments. In disasters lasting more than a few days, I will need

backup to provide relief.

Leadership roles may vary (long term and short term) and can be flexible depending on your availability and interests. Additional training is required and includes IS-200: ICS for Single Incidents and IS-800: National Response Framework. Specialized training may apply for certain tasks.


If you’re a leader—or have always wanted to be one—please contact me to discuss how we can work together in making the NMRC grow and thrive.


*Coming together is
a beginning, staying
together is progress,
and working
together is success.*


-Henry Ford





Twister facts and fiction: Can you unwind the truth?


 It is safe to hide under an overpass during a tornado. T or F?


 You can outrun a tornado by driving at right angles to the storm. T or F?


 Always open your windows to prevent your house from exploding. T or F?

 Hide under a mattress to prevent injuries from falling debris. T or F?

 You should stay in your car during a tornado. T or F?

 Tornadoes don't occur near large bodies of water. T or F?

 Outdoor warning sirens provide the best advance warning of tornadoes. T or F?

 Tornadoes can happen anywhere. T or F?

Answers: The last answer is true, the rest are all false.

Simple tips to overcome allergies

It's springtime, and along with the warmer weather and beautiful garden landscapes come allergy symptoms for many. Taking over-the-counter or prescription medication may be an easy solution, but it often comes with side effects—drowsiness (or sometimes the opposite) and extreme dryness. Wouldn't it be nice to rid yourself of the symptoms and the side effects? Here are five easy, safe and natural ways to cut down on hay fever:

1. **Change your clothes (and shower too) after coming in from outside.** Clothes and hair trap pollen and allergens, so keep them both fresh and clean.



A shower before bed removes the allergens from your hair and skin and also keeps the

sheets free from the pollen, dander, and mold spores that may cause that middle of the night allergy attack.

2. **Increase your consumption of anti-inflammatory foods.**

Eating flaxseed, walnuts, salmon and other foods high in omega-3 fatty acids can help reduce inflammation in your nasal passages. It may help you say goodbye to the sinus pressure that causes headaches.

3. **Eat fewer mucus-causing foods.** Dairy products, fried and processed foods, wheat, eggs and chocolate can increase inflammation and strain the immune system, making allergy symptoms worse.

4. **Use a neti pot to help wash out allergens and pollen from your nostrils.** A neti pot is an old remedy for allergy relief, using nasal irrigation to flush out irritants and mucus. Using a saline solution of 1 t. non-iodized salt to 16 ozs.

of lukewarm water, the neti pot thins and flushes out mucus from the nasal passages. Many people find using the neti pot to be more comfortable than one would



think and often highly effective. Neti pots are inexpensive and can be found at health food stores and pharmacies.

5. **Use a little dab of petroleum jelly just inside your nostrils to trap any irritants before they enter your nasal passages.**

Put a little spring in your step during this allergy season by heading off issues before they start. Try these tips before reaching for your current remedy, and you may be surprised at how well you do without it.

Article courtesy of the CommonHealth Compass, a DHRM publication.

GET THE FACTS ABOUT MELANOMA

- Melanoma is the most serious form of skin cancer.
- For every 100,000 Virginians, about 14 new cases of melanoma will be diagnosed each year.
- Chances of developing melanoma: 1:53 for Men, 1:78 for Women.
- Melanoma is highly treatable.
- The five-year survival rate for Virginians diagnosed in the local area when melanoma is most treatable is 98%.

If you have spent a lot of time in the sun and have a history of severe sunburns, especially early in life; sunburn easily, or use tanning booths, you are at an increased risk for getting skin cancer.

*Information courtesy of
VDH*

Hot Tips for Heat Awareness

Summer temperatures in Virginia normally climb into the upper 90's and even reach over 100 degrees at times. People can suffer ill health effects when their body temperature control system is on overload. A person's body temperature can shoot up when normal sweating cannot cool it quickly enough in extreme heat. Damage to the brain or other vital organs can result from very high body temperatures.

Summer sun can also present a health challenge. Recent research indicates that among Virginia adults, the number of deaths from and new cases of melanoma, the most dangerous type of skin cancer, have increased even as more adults report using sunscreen. This suggests that some people may not take proper measures to protect themselves from skin cancer. While you enjoy the outdoors this summer, **remember to use sunscreen, seek shade, and wear sunglasses, a hat, and sun-protective clothing.** Use a sunscreen

with a Sun Protection Factor, or SPF, of 15 or higher. As sunscreen wears off, reapply if you stay out in the sun for more than 2 hours and after you swim or do things that make you sweat.

What you need to know:

- Heat Stroke:

When the body cannot control its temperature anymore because of high external temperatures, the internal temperature rises quickly, sweating stops and the body is unable to cool down. Body temperatures can go as high as 106 degrees in 15 minutes. Death or permanent disability can result without emergency treatment.

- Heat Exhaustion:

When the body loses too much water and salt from sweating due to the high external tempera-

ture, heat exhaustion can result.

- Heat Cramps:

When people sweat profusely during physical activity, painful muscle cramps can result as the body depletes its salt and fluid. Muscle cramps in the stomach, legs or arms are symptoms. If they occur during swimming, the results can be dangerous.

- Drink Plenty of Fluids:

Drink 2-4 glasses of cool fluids each hour.

- Keep Cool Indoors:

If you can, stay in an air-conditioned area. If you don't have air-conditioning, contact your local health department to see if there are heat-relief shelters near you.

*Information courtesy of
VDH*

ARE YOU AT RISK FOR HEAT- RELATED ILLNESS?

Those who may be at higher risk include:

- Older adults
- Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight persons
- Those who work outdoors or in hot settings
- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems
- People who are isolated that don't know when or how to cool off – or when to call for help

How do You Keep Your Cool?

Never leave children, disabled persons, or pets in a parked car – even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!

Keep your living space cool. Cover windows to keep the sun from shining in. If you don't have an air conditioner open windows to let air circulate. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than upper floors.

Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.

Infants should drink breast milk or formula to get the right balance of water, salts and energy. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day, but don't dilute formula beyond what the instructions say (unless instructed by your doctor).

Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

Heat Illness—What to Do

Heat Cramps - cramps or muscle spasms in the abdomen, arms or legs.

Solution: Stop activity. Cool down, drink clear juice or sports drink.

Heat Exhaustion - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.

Solution: Cool down, seek medical attention.

Heat Stroke - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

Solution: Call 911 and cool the victim with shower or hose until help arrives.

Remember—keep your cool in hot weather!